LIGHTNING THIEVES

IN HEART-STOPPING ACTION, LONDON SNEAKS UP FROM BEHIND TO STEAL THE GAME FROM THE HALIFAX RAINMEN IN THE FIRST TILT OF THE NBL CANADA PLAYOFFS PAGE 6

LONDON metro®

Monday, March 19, 2012

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‘Enough is enough’: Mayor

Aftermath. Police investigate St. Patrick’s Day riot, while Mayor Joe Fontana promises ‘concrete’ action

ANGELA MULLINS
angela.mullins@metronews.ca

Heightened police patrols and more visits from by law-enforcement officers are expected in the neighbourhood around Fanshawe College after St. Patrick’s Day parties spun out of control late Saturday.

Eleven people — seven of whom are Fanshawe students — have been arrested on charges including resisting arrest, assaulting police and unlawful assembly, police Chief Brad Duncan said Sunday morning. More arrests are expected as investigators compile witness statements and comb through videos and photos posted on social-media sites, Duncan said.

What happened on Fleming Drive was nothing less than a riot that saw beer bottles and bricks thrown at police and firefighters, Duncan said. Seventeen police vehicles were damaged and some officers received minor injuries. At least $100,000 worth of damage was done to city property.

It was “the worst case of civil disobedience that our community has ever been subjected to,” Duncan said. “There was a complete disregard for the police presence. In fact, I’ve heard some of our officers refer to it as a war zone.”

The mob, some of whom danced in and out of a vehicle fire fuelled by propane tanks and liquor, reached about 1,000 people at its peak. Police with helmets and shields maintained a perimeter around the neighbourhood for hours until the crowd dispersed.

“If we tried to engage the crowd, we would have increased the volatility,” Duncan said. “We were very concerned that one car would become multiple cars.”

City authorities vowed to take swift action with Fanshawe College officials and students who live in the neighbourhood.

“The city is not going to tarnish its reputation by virtue of these hooligans coming forward and thinking they can take over a neighbourhood,” Mayor Joe Fontana said, promising “concrete” solutions. “Enough is enough.”

Fleming Drive remained closed Sunday afternoon as Fanshawe College students and city crews cleaned up debris left behind by St. Patrick’s Day rioters. Two of the students above were sweeping broken glass from the driveway of their rental home before friends stopped by to chat about the previous night. More coverage, page 3. ANGELA MULLINS/METRO

Timeline

- **10 p.m.** Fire department responds to a brush fire on Fleming Drive. People throw bottles and bricks at firefighters and vehicles. Police help firefighters out of the area and begin to clear out themselves when they are surrounded by a large crowd.
- **11:01.** Police declare the situation an unlawful assembly and ask people to disperse. Car tires and rims are rolled at officers.
- **11:25.** Police establish a perimeter around the mob.
- **11:30.** Reports surface that a TV news vehicle has been set on fire.
- **5 a.m.** Estimated time police leave the scene.

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Damage from St. Patrick's Day riot still visible

Waiting for the mob to leave.
Police maintain heavy presence hours after last of Fleming Drive mob disperses

Police officers

50

Number of police officers, some in riot gear, who descended on the Fleming Drive neighbourhood late Saturday.

Piles of broken glass littered the street and lights dangled from street posts Sunday in the aftermath of a St. Patrick's Day riot on Fleming Drive.

Large sections of wooden fences — which police said were used to fuel at least two reported fires — were missing from yards. The asphalt in front of the rental house where Fanshawe College student Brad Mior, 19, of Kenora, lives was melted from a fire started on a tipped-over TV news truck.

"We were inside trying to keep people from coming in," he said, describing the scene Saturday night. "When I got home, people had broken into our garage and thrown patio furniture (into the fire)."

Glass beer bottles raining down on driveways and streets, people swinging on tree limbs and people dancing in and out of flames — the alcohol-fuelled chaos that ensued for several hours was described by several witnesses as "unbelievable" and, at times, "scary."

Despite the damage, groups of people strolled through the neighbourhood — some carrying trays of coffee and pizza into houses. Others played street hockey and gathered — St. Patrick's Day attire carrying over into its second day — on front porches or lawns.

Several students said they're worried the riot will affect Fanshawe College's reputation.

"(People) are blaming the whole Fanshawe community," one student said. "There's only some people who were involved."

ANGELA MULLINS/METRO

A CTV cruiser, a tree and furniture were among the things torched last night at the St. Patrick's Day riot near Fanshawe College. ASHTON PATIS/FOR METRO

Metro intern takes you into the chaos

An estimated mob of 1,000 people were on Fleming Drive on Saturday night.
ARTEM ROSNOVSKIY/FOR METRO

Marty Thompson, a first-year Fanshawe broadcast-journalism student and Metro intern, was on Fleming Drive on Saturday night. Here is his first-hand account of the riot:

I was on Fleming Drive on the night of St. Patrick's Day to have a house party with some friends. There were hundreds of people outside, and things soon escalated.

Police tended to a burning couch on the bend of Fleming Drive, protecting it from the rioters. Then a SWAT team with riot shields pressed people back into the houses.

Once the police thought they had it under control, many of them left. Nearly 20 polices vehicles were lined up on Fleming Drive leaving the area, with only a few officers staying back.

The few remaining SWAT-team members tried to protect themselves from beer bottles being thrown, but the onslaught was too much and they got in their car and left. The crowd cheered.

The rioters moved down Fleming Drive, close to Fanshawe Park Boulevard, and a group of men began to flip a CTV news SUV.

Once they flipped it, the crowd cheered once again and began climbing the car. Another person set the car on fire from underneath.

The crowd was chanting the entire night. They were singing "Ole!" or singing our national anthem, even chanting "Go Leafs Go!" They also began chanting "Fanshawe!" only steps from the college.

Police had made a straight line across Fanshawe Park Boulevard, not stepping toward the fire. They let the crowd gather. A fire truck couldn't get passed the crowd, either.

The SUV exploded several times, the first few were small, and then one large explosion.

People were not too far away from the car when it first exploded, maybe 10 feet at the least. But walking among the crowd, I didn't feel in danger. It just seemed surreal, like there was strength in numbers and you couldn't be injured.

Gas leak

Police assist in investigation

The presence of emergency crews in London's east end raised a few eyebrows Friday night.

London police say they were called in to help the fire department as it investigated a possible gas leak. AM980

House fire

Blaze causes $435K in damage

A blaze at a home in the London's northwest end Saturday night caused $435,000 damage.

Fire officials got the call around 6:20 p.m. to 1423 Coronation Dr. The fire started in the kitchen area. AM980

Vanessa Fotheringham
AM980

Missing person

Search expands for woman

Friends of a missing woman came together Sunday to expand the search for her.

Vanessa Fotheringham, 24, was last seen Feb. 16 in the area of Oxford Street East and Quebec Street. AM980

Green power

Locals get more say in green projects

Ontario municipalities will get more say, but not a veto over the location of wind farms and solar-power projects when the province releases a review of its green energy plans.

THE CANADIAN PRESS

1 NEWS

Mobile news

Officials in Marseille are evacuating an area around the French Mediterranean city's port so they can remove a bomb that dates to the Second World War. Scan the code for the story.

On the web

Caught on camera

For video footage of the St. Patrick's Day riot go to metronews.ca/video

Having fun in the sun on St. Paddy's Day

Before St. Patrick's Day parties near Fanshawe College got out of hand, hundreds of people enjoyed green beer along Richmond Row. Here's a look at what was happening along the strip Saturday afternoon.

ANGELA MULLINS/METRO

1 Full spirit. A pint of green for the keeners

From left, Dave Breau, 46, of Dorchester, Michael Balabon, 35, of London, Robert Peckham, 41, of London, and Sean Hickey, 43, of London, go green at Joe Kool's.

2 Dressed up. A shamrock

Chris L., 28, of Arva, brings out his alter ego for a pint of Guinness on the patio at Wink's.

3 Behind the bar. Coming right up

Katie Havekes, 30, of Owen Sound, serves drinks to a packed patio crowd at Ceeps.

4 The crew. Ready for some brews

From left, Shelby Diefenbaker, 19, of Bradford, Samantha Cameron, 19, of Glencoe, Samantha Warden, 19, of Pickering, Kendra Di Bacco, 20, of Mount Brydges, Brittany Benn, 20, of Bradford, and Katie McComb, 20, of Mississauga, pose for a picture at Jim Bob Ray's.

5 Bouncers. Keeping things calm

From left, Dan Stevenson, 23, Mike Palleschi, 21, and Vaughan Scriver, 22, all of London, get festive standing guard at Jim Bob Ray's.

6 All smiles. And ready to celebrate

From left, Alex McLeod, 21, of Ajax, Emma Chiaca, 22, of Barrie, and Lauren Miyazaki, 21, of Ajax, celebrate at Jack's.

METRO CUSTOM PUBLISHING PRESENTED BY SCOTIABANK

SEE HOW CREDIT CARDS CAN ACTUALLY HELP GROW YOUR MONEY

MARRIED WITH KIDS

With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

The *Scotia Momentum*® VISA* card provides 2 per cent cash back on everyday spending such as gas, groceries, drugstore items, and recurring bill payments, and 1 per cent cash back on all other eligible purchases. While the annual fee for the card is $39, there's always a much higher return at the end of the year.

Every November (when the payout is made), the cash back lump sum is automatically deposited into their joint savings account.

"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

Scotia Momentum® Cash Back Calculator

Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

	$0	500	1,000	
Grocery Store				$ 225
Gas Station				$ 225
Drug Store				$ 150
Recurring Bills				$ 100
Other				$ 800
			Total Monthly	**$ 1,500**

Peter and Kim's Estimated Annual *Scotia Momentum*® Cash Back

Peter and Kim have a *Scotia Momentum*® VISA* card. Here's a look at the cash back their purchases add up to.

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Lightning shake off the layoff rust to steal Game 1

NBL Canada. Magic number is now two for Lightning after they snag Game 1 over the Halifax Rainmen

JOHN MATISZ
London@metronews.ca

It wasn't pretty, but it counts.

The London Lightning erased a nine-point deficit in the fourth quarter Sunday afternoon to take Game 1 of the National Basketball League of Canada's Championship Round by a score of 86-83.

Fuelled by clutch performances from Rodney Buford and Shamari Spears, London managed to emerge victorious over the Halifax Rainmen despite shooting a woeful two for 13 from beyond the arc.

"That's why they brought me to London, to contribute like this, with leadership," said Buford, 34, reflecting on his three-pointer with 3:23 left and a pair of free-throws with less than a minute remaining.

For the majority of the contest, the Lightning didn't help their cause, shooting 38.6 per cent from the field, and turning the ball over 20 times.

However, Spears flipped the switch on in the dying minutes. The six-foot-six, 250-pound power forward, who had just two points in the first half, nailed the final basket of the game while being mauled by a Halifax defender.

With nine days off in between their 2-0 semifinal series win over the Saint John Mill Rats, the Lightning looked a tad rusty.

Head coach Michael Ray Richardson said the out-of-character showing is nothing to be worried about.

"It's why we have a good bench," he said. "On any given night, somebody can help us."

Though he saw limited action in the second half due to foul trouble, the NBL of Canada's regular season most valuable player, London forward Gabe Freeman, still recorded his 28th double-double of the season.

Five Lightning players hit double figures in points, with Eddie Smith (16) and Tim Ellis (15) joining Buford (10), Spears (10) and Freeman.

After Game 2, the series shifts to Halifax on Wednesday for Game 3 then Game 4, if necessary, the next day. If the series needs five games, London will host the deciding match.

Stat leaders

- **London's top performer.** Gabe Freeman (17 points, 13 rebounds)
- **Halifax's top performer.** Chris Hagen (23 points, 3 assists)
- **Game 1 attendance.** 2,200 (Season high: 3,919)

London Lightning's Shamari Spears is fouled by Halifax Rainmen's Taliek Brown in the final minute Sunday night in London. The Lighting went on to win 86-83. DAVE CHIDLEY/THE CANADIAN PRESS

Knights well represented in OHL coaches poll

Scott Harrington CONTRIBUTED

Seth Griffith GEOFFREY MCMURRAY/FOR METRO

Michael Houser CONTRIBUTED

Austin Watson CONTRIBUTED

The London Knights were represented in 15 out of 20 categories in the OHL Western Conference coaches poll.

Blueliner Scott Harrington finished first in two categories: Smartest player and best defensive defenceman.

Forward Seth Griffith was voted most improved player, the second-most dangerous in the goal area, and the second-best shootout shooter.

Goaltender Michael Houser also appeared in three categories. He was named best goalie in shootouts, the second-hardest worker, and third-best puck-handling goalie in the Western Conference.

Forward Austin Watson was voted the best penalty killer and finished second in the shot-blocker category.

Other Knights who appeared in the poll: Vladislav Namestnikov (third-best playmaker, third-best skater), Jared Knight (tied for third-hardest shot), Jarred Tinordi (second-best body checker) and Ryan Rupert (third-best defensive forward).

The OHL coaches poll provides coaches the opportunity to recognize the top three players in 20 different skill categories within their own conference.

Each team submits one nominee per category. Coaches vote for the top three players in each category, excluding those whom they coach.

METRO

Western promotes mental-health awareness

Western University is promoting mental-health awareness this week with a series of special events and presentations.

From Monday to Friday, the University Community Centre Atrium hosts a mental-health fair from 9:30 a.m. to 3:30 p.m. The fair will feature displays from various campus groups and community partners dedicated to mental-health resources and services on campus.

On Wednesday at 8 p.m. in the Mustang Lounge, comedians living with mental-health disorders share their experiences in a performance titled Stand Up for Mental Health, which is intended to break down stigma surrounding mental illness.

Dan Savage, who founded the It Gets Better project in response to suicides of teenagers who were bullied because they were gay, visits Alumni Hall on Thursday at 7 p.m. This presentation by gay adults conveys the message that the lives of teens will improve. Tickets for this event are available at dansavageatwestern.ca.

On Friday, the Western community is encouraged to leave their purple clothes at home for a day and wear green as it is the representative colour of mental health.

Western
UNIVERSITY · CANADA

Lecture

- **Margaret Trudeau.** Western also presents a lecture from mental-health advocate Margaret Trudeau on March 29 from 5 to 6 p.m. at Alumni Hall. Trudeau discusses bi-polar disorder, which she has struggled with all her life.
- **For more.** For more information, visit uwo.ca.

For a full schedule of events, visit westernusc.ca.

METRO

Charges expected in Afghan killing spree

Staff Sgt. Robert Bales, accused of killing 16 Afghan villagers, participates in an exercise at the National Training Center at Fort Irwin, Calif., in this photo from last year. SPC. RYAN HALLOCK/THE ASSOCIATED PRESS/DVIDS

Military trial. Lawyer for sergeant accused of killings to visit with client in light of looming charges

With formal charges looming against his client within days, the lawyer for an army sergeant suspected in the horrific nighttime slaughter of 16 Afghan villagers was flying Sunday to Kansas and preparing for his first face-to-face meeting with the 10-year veteran.

John Henry Browne of Seattle said he planned to meet Monday with army Staff Sgt. Robert Bales, who is being held in an isolated cell at the Fort Leavenworth maximum-security military prison.

Bales, 38, hasn't been charged in the March 11 shootings, which have endangered relations between the U.S. and Afghanistan and threaten to upend U.S. policy over the decade-old war.

But formal charges are expected to be filed within a week and if the case goes to court the trial will be held in the United States, said a legal expert with the U.S. military familiar with the investigation.

Bales' defence team said in a statement Saturday that "it is too early to determine what factors may have played into this incident and the defence team looks forward to reviewing the evidence, examining all of Sergeant Bales' medical and personnel records, and interviewing witnesses."

THE ASSOCIATED PRESS

What happened?

- **Alleged.** Military officials say that after drinking on a southern Afghanistan base, Bales crept away on March 11 to two slumbering villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children, and 11 belonged to one family.

Shooting

U.S. teacher shot dead in Yemen

Two gunmen on a motorcycle shot dead early Sunday an American teacher working at a language institute in a central Yemeni city, the region's provincial governor said.

Hamoud al-Sufi said the teacher was shot in his car in Taiz City. He did not have details on who the killers might be, and said an investigation is ongoing.

Much of Yemen saw a collapse of central state authority during the year-long uprising against longtime leader Ali Abdullah Saleh.

THE ASSOCIATED PRESS

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Ex-hockey coach Graham James to be sentenced for sex abuse

Young victims. Former coach has pleaded guilty to sexually abusing NHL star and cousin in '80s and '90s

Another chapter in the sex-abuse scandal that rocked Canada's hockey world — turning an award-winning coach into "the most hated man in hockey" — is expected to come to a close Tuesday when Graham James is sentenced for repeatedly molesting two of his young players.

James pleaded guilty in December to sexually abusing NHL star Theoren Fleury and his cousin Todd Holt when they played for him in the Western Hockey League in the 1980s and '90s. Charges involving a third player, Greg Gilhooly, were stayed.

The Crown is asking that James serve six years in jail while defence lawyers have suggested a conditional sentence of up to 18 months is more appropriate.

While many will be watching the decision intently, at least one of James's victims will be absent. Former Calgary Flame Fleury wasn't in the courtroom to face his abuser during James's sentencing hearing last month and he won't be there when James learns his fate.

"The case was closed for me a long time ago," Fleury said. "I have moved on with my life. I'm not interested in going backwards. Why would I have to? Why would I need to?"

This will be James's third sentence for sexual abuse. A rising star in the junior hockey world, James first plummeted to notorious and reviled sexual predator when he pleaded guilty in 1997 to sexually abusing former NHLer Sheldon Kennedy when he, too, played in the junior league.

James served about 18 months of a 3 1/2 year-sentence before he got out of jail in 2000 and dropped out of public view. While still in custody he received a concurrent sentence after pleading guilty to a similar charge involving another boy.

THE CANADIAN PRESS

Theo Fleury speaks during a news conference in Toronto in October 2010 about the nationwide warrant issued for convicted sex offender Graham James.
CHRIS YOUNG/THE CANADIAN PRESS

Grounded in Beijing

Stranded passengers gather around an electronic flight-information board after bad weather that delayed and cancelled flights at Beijing International airport on Saturday. VINCENT THIAN/THE ASSOCIATED PRESS

Runway reopens at T.O. airport

A closed runway that caused delays and cancellations at Canada's busiest airport early Sunday was back in use by mid-morning after heavy fog that shrouded the facility began to lift.

The runway at Toronto's Pearson airport had been closed after a fire in a maintenance area on the airfield damaged electrical systems required to operate runway lights.

In the morning's low visibility, the runway couldn't be used without sufficient lighting.

The closure of one of the airport's five runways, combined with the heavy fog, caused widespread flight delays and cancellations as the airport's capacity for arrivals and departures was reduced.

The runway was back in service just before 11 a.m. after the morning's fog lifted.

Scott Armstrong, a spokesman for the Greater Toronto Airport Authority, said electricians were working to fix the damaged lighting system with the airport aiming to have the runway lights working by late afternoon.

He warned, however, that the ripple effect of the delays and cancellations would continue for some time.

"There will be delays throughout the day, there will be cancellations throughout the day and people just need to be aware that things will be slower," he said.

"What you see is delays in flights, but also you see the airlines make adjustments in their schedules. So they may decide to cancel one flight and consolidate. So instead of two flights going out to Montreal, for example, they'll put all the passengers on one flight and send out one full plane."

Armstrong urged all travellers to double-check their flight status before heading to the airport. THE CANADIAN PRESS

NDP expected to hang on

Byelection today in Layton's old Toronto riding

Voters go to the byelection polls Monday to choose a successor to Jack Layton, whose star power still casts a strong light over the riding he held for seven years until his death last August.

The vote, which will have little effect on the country's bigger political picture, has hardly caught the attention of the wider public, with both polls and pundits suggesting the New Democrats will have no trouble hanging on to Toronto-Danforth.

"You have people who I don't think have completely forgotten the memory of Jack Layton and that will loom significantly over how people choose to cast their vote," said Bryan Evans, a professor of political science at Ryerson University.

"And the reality is: It is a riding with a bit of a tradition for voting for the NDP."

Craig Scott, a professor, human-rights lawyer and neophyte politician, is running for the New Democrats.

The Liberal candidate is Grant Gordon, an advertising executive, while the Conservatives are being represented by Andrew Keyes, a communications consultant.

THE CANADIAN PRESS

Election signs are seen in the Toronto-Danforth riding Friday.
RICHARD PLUME/THE CANADIAN PRESS

Market Moment

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OIL
$107.06 (+ $ 1.95)

GOLD
$1,655.80 (- $3.70)

Dow Jones: 13,232.62 (- 20.14)
Natural gas: $2.326 (+ 4.7¢)

Lagarde

Recovery has long way to go: IMF

Speaking at a conference in Beijing, the head of the International Monetary Fund warned Sunday against complacency about global finance despite improved conditions.

Christine Lagarde said the global economic recovery will be "a marathon, not a sprint."

THE ASSOCIATED PRESS

Oil spill

Brazil to charge Chevron execs

Brazilian prosecutors said Saturday they will file criminal charges against 17 executives of Chevron Corp. and drilling contractor Transocean Ltd. for a new oil leak near the offshore well where at least 416,000 litres spilled late last year.

Those targeted include George Buck, chief operating officer for Chevron's Brazilian division, federal prosecutors' spokesman Marcelo del Negri said by telephone.

Prosecutors have also asked the court for an order prohibiting the 17 from leaving the country, he said.

A spokeswoman for Chevron in Brazil said the company had no comment because it had not been notified of the decision.

On Thursday, Chevron confirmed that there was a "small new oil seepage" and that it was working to collect the crude.

George Buck, Chevron Brazil CEO
VICTOR R. CAIVANO/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Free trade? Thailand has offer for Harper

Thailand is planning a major pitch to open free-trade talks with Canada this week, as Prime Minister Stephen Harper begins his second Asia trip in three months.

Thailand will sweeten its offer by positioning itself as a comfortable and safe entry point from which Canada could make further inroads throughout South Asia — raising the potential of a broader trade deal with the region's emerging, 10-country bloc, the Association of Southeast Asian Nations (ASEAN).

Imports

$2.7B

Canada has modest trade with Thailand, with exports of $839 million and imports of $2.7 billion in 2011.

China is not an ASEAN member, so any economic gains with the bloc would represent a significant broadening of the Harper government's pro-Asia trade aspirations. THE CANADIAN PRESS

GPS was just the start ...

Driver Ben Gleitzman uses a traffic and navigation app called Waze on his Apple iPhone as he drives to work in Menlo Park, Calif. Thousands of enthusiasts travelling the world using little more than GPS-equipped smartphones are helping Waze and other services to build in-depth maps of cities and countries around the world. PAUL SAKUMA/THE ASSOCIATED PRESS

Economists. Action urged on mortgages

Pressure is building on Finance Minister Jim Flaherty to intervene for a fourth time on mortgages to keep Canada's housing market and household debt in check.

TD Bank's chief economist Craig Alexander has suggested three options and asks the minister to choose one, including reducing the maximum amortization on mortgages to 25 years from 30 or hiking the minimum down payment to seven per cent from five.

Capital Economics analyst David Madani believes it may already be too late to tighten mortgages and that house prices are due to start falling.

THE CANADIAN PRESS

Finance Minister Jim Flaherty
SEAN KILPATRICK/THE CANADIAN PRESS

Newest iPad may be less profitable for Apple

A customer talks with an employee at an Apple store in San Francisco on Friday, the launch day of the new iPad. PAUL SAKUMA/THE ASSOCIATED PRESS

Apple appears to be making less of a profit from each new iPad than it did when it launched the previous model a year ago, according to a research firm's analysis.

IHS iSuppli took apart a new iPad on Friday, the day the device went on sale in the U.S. and nine other countries, and found that the components are more expensive than those of the iPad 2.

The third iPad comes in several versions starting at $499, the same price as the iPad 2 at launch.

Apple has priced all three generations of the tablet aggressively, making it hard for competitors to match its features at the same price. It makes less from each iPad than from each iPhone.

As a whole, Apple is wildly profitable, earning $33 billion US in net income on $81 billion in revenue in the last calendar year.

The higher-resolution display and the larger battery needed to support it are the main reasons the new iPad is more expensive than the iPad 2. It has four times as many pixels as the iPad 2's screen.

ISuppli estimates the display costs Apple $87, plus $40 for the touch-sensitive layer.

The new iPad battery has 70 per cent more capacity, but the new display consumes all that additional power, so the battery life is the same as for the old model.

Also contributing to the cost increase is the new cellular modem in some models. It can use faster "4G LTE" networks in the U.S. and Canada.

Samsung Electronics Co. remains the largest single supplier of iPad components.

THE ASSOCIATED PRESS

Higher costs

ISuppli said a new iPad that costs $729 in stores, costs $364.35 to manufacture.

- That's nine per cent more than the $335 it cost to make the corresponding iPad 2 a year ago, when it came out.
- The first iPad cost about $276 to make in 2010, according to iSuppli's estimate.

LOGO REDESIGN CONTEST

Help celebrate Pride London Festival's 30th Anniversary with a new look!

PRIDE LONDON FESTIVAL

DEADLINE: April 1, 2012 at 4:00 pm
MUST CONTENT FULL NAME: Pride London Festival
MUST HAVE: Rainbow Colours
SUBMIT VIA EMAIL TO: chad@pridelondon.ca
CONTEST PRIZE: **Toronto Package** (includes 1 night stay at the Primrose Hotel, Gift Certificate at Byzantium Restaurant and return VIA Rail Tickets - Value over $500.00)

Submission must be a PDF. The Board of Directors of Pride London Festival will vote on all submission to select the winner.

Disclaimer: The logo that is selected becomes the property of Pride London Festival. The Board of Directors also reserves the right not to select any of the logos submitted.

‘RECESS FOR ADULTS’ CLUB OFFERS ALL SORTS OF SPORTS

URBAN COMPASS
Todd Devlin
london@metronews.ca

When she lived in Ottawa, Katy Boychuk participated in co-ed recreational sports leagues in her spare time. But the Western grad didn’t know a similar opportunity existed in London until someone told her about the Forest City Sport & Social Club (FCSSC).

“I didn’t know anyone (in the FCSSC), so I just joined as an individual,” said Boychuk, who signed up to play volleyball. “But I’ve met a great group of people that I’ve become friends with, and our team just keeps re-registering.”

Boychuk, a busy young professional who works for a non-profit organization in London, has played both indoors in the winter and outdoor beach volleyball in the sprummer (spring/summer) season, and has also attended a number of other social events through the FCSSC.

“It’s a positive environment to be in, and it gives me chance to be active,” Boychuck said. “And it’s a great networking opportunity.”

‘A bit of nostalgia’

“We’re in this to have a good time and forget about what’s going on in the rest of the world — at least for an hour a week.”

Kyla Woodcock, director of Forest City Sport & Social Club

The 2012 sprummer season is now just around the corner, and registration opens March 19 for the 17-week season that will run from early May to early September. Besides the “old” favourites like golf, softball, soccer, ultimate frisbee and football, this sprummer’s lineup (16 leagues in total) will include outdoor inner-tube water polo, as well as an outdoor version of the “all-sorts-of-sports” offering.

“Each season we try and offer a new sport,” said FCSSC director Kyla Woodcock, who founded the club in 2009. “We like to introduce new stuff to keep our members interested and involved.”

And, most importantly, have fun. “Recess for adults” is the FCSSC slogan, and there may not be a better description of the organization that has grown considerably since its humble beginnings three years ago.

“There’s a bit of nostalgia about that,” Woodcock said. “It’s a reminder to all our members that we’re in this to have a good time and forget about what’s going on in the rest of the world — at least for an hour a week.”

A majority of FCSSC participants fall in the late-20s-to-mid-30s age range, but there are players anywhere from their early 20s to mid-50s and beyond. In other words, it’s a group for all.

“We encourage everyone to join if it’s their kind of thing,” Woodcock said. “We’ll keep expanding based on demand to make sure that everyone who wants to play can play.”

For more information, visit fcssc.ca.

Grand poobah of Chinese tea

THE ASSOCIATED PRESS

Exotic brew

Businessman selling tea grown in panda poo

A girl holds up tea leaves collected from a tea plantation fertilized with panda droppings in Ya’an in southwest China’s Sichuan province Saturday.

Businessman An Yanshi is promoting the green tea, which he fertilized with the panda droppings.

THE ASSOCIATED PRESS

Just the bear facts

- Approximately 99 percent of a panda’s diet — bamboo leaves and shoots — is void of much nutritional value.
- The panda lives a low-energy, sedentary lifestyle but persists in eating some 60 species of bamboo.
- Pandas must eat upwards of 30 pounds of bamboo daily just to stay full.

Source: WWF Travel Blog

Panda-ing to tea lovers

21

Yanshi stands on a truckload of panda droppings collected to be used as fertilizers for his tea farm. He wants to sell 21 commemorative sets packaged with 50 grams of tea, panda-themed tea sets and his own art works for the price of around $ 3,500 US.

Weird news

Taking highway to heaven in a sidecar hearse

A German man says people are dying for a ride in the sidecar of one of his Harleys — literally.

Joerg Grossmann said Friday that his prototype hearse for die-hard bikers who want to ride until the very end — a special sidecar fitted to his motorcycle — made its first funeral run last month.

The original’s a Kawasaki but the 48-year-old from near Frankfurt says 10 of his patented Harley hearses, each costing about $78,000 US, are currently being assembled and will be ready later this year.

He’s counting on 1,000 bookings per year in Germany alone and already has a contract in Switzerland and is in talks elsewhere.

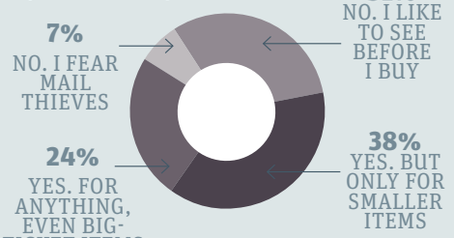
He says people are really excited about the Harley hearse: “It’s something special.”

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you online shop?



Twitter

@billy_courtice
When I saw Project X (don’t ask why) I thought the ending was foolish and unrealistic. Then it happens right here in #ldnont

@laurashelby
This is a story about today’s youth and their arrogance not their education. Wish we’d all stop tying it to Fanshawe. #ldnont #Flemingdrive

@AGayMansDiary
Remember this all has to do with the arrogance and immature behavior of youth. Not an educational institution. #ldnont #FlemingDrive

@feliciadasilva1
I’m proud to be a Fanshawe alumni, and the students involved with the events last night should be ashamed of themselves. #ldnont

@Tony_Curcio
Not a proud Londoner, not a proud alumni. Actions of some tarnish reputation of many. #ldnont #fleming

metro

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9TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

Canadian Living 2012 BEST NEW PRODUCT Voted by Consumers

Actor Benjamin Walker says the makeup and training was intense for Abraham Lincoln: Vampire Hunter. HANDOUT

Benjamin Walker gets a crash course in stardom

Abraham Lincoln: Vampire Hunter. Actor playing America's 16th president is still getting used to press tours and conventions

NED EHRBAR
Metro World News in Hollywood

As the title character in the movie Abraham Lincoln: Vampire Hunter, which comes out in June, Benjamin Walker is getting something of a crash course in the publicity side of show business. The Juilliard-trained, Broadway-seasoned actor dons the stovepipe hat — and grabs an axe — to show a different side to America's 16th president.

And he's loving every minute of the experience.

You don't have a lot of experience with press tours and conventions just yet, do you?
No, this is intense. I'm learning. Frankly, this is my full-time job. It's so strange because making the movie I thought would be a full-time job. Selling the movie is a full-time job. Talking about it.

How have the questions been?
They've been good. I think people are genuinely curious. They don't have to manufacture curiosity about this project because it's kind of out there.

It's all in the title, really.
Exactly. But I don't think people believe we're really taking it seriously. They're like, "So it's a comedy?" I'm like, "No, it's a period movie about Lincoln." When the first trailer came out, it kind of changed perceptions. We're not playing around.

You did your fair share for this film, between training and makeup.
Yeah, they kicked my ass, man. The makeup was six hours a day. And then you go to work. Then there's your 18-hour work day.

Are you allowed to sleep in the makeup chair?
I can't, because it's so uncomfortable. But what we did do was we rigged up a little flat-screen TV and watched three movies a sitting. And I got to watch all the movies I should've seen. Like we worked our way through Kurosawa. It was kind of amazing. And naturally the makeup guys were really into fantasy and special effects, and they showed me a bunch of great special effects movies. I got the history of special effects. And we also watch all the vampire movies ever made.

I was sorry to hear about Paradise Lost being called off.
Yeah, me too. I really wanted to work with Alex [Proyas] and Bradley [Cooper], but we'll find something else. That movie was going to be so big that if they didn't have the proper in order in terms of budget and technology, don't even start.

How was working with Timur Bekmambetov, your director on this film?
He's just a straight-shooter, man. "This is what it is, this is what we're making, buckle up." He's remarkable. He's like a professional six-year-old who has these fantastical ideas just out of nowhere. You never knew what you were going to be shooting on the day, and I love that. It was really kind of guerilla imagination work. You had the structure of Lincoln's life — we're really not playing with the events of his life. And Timur's so visually good. We'd do something 30 or 50 takes and I'm going, "What the f— is the problem?" And then he'd show me the dailies and it'd be, "Oh, that's why you did it? Do another 100. Do it until you get it." It's one thing to have a cool shot, but he has cool shots that are augmenting the story, that give you a perspective on what's happening that you did not have, and to me that's the goal.

More online

Go online to metronews.ca/scene to see Benjamin fielding some of our sillier questions

Box office

21 Jump Street leaps to No. 1

Audiences headed back to school for the TV update 21 Jump Street, which opened as the No. 1 weekend movie with $35 million. Sony's action comedy starring Jonah Hill and Channing Tatum as cops going undercover as high school students took down the animated hit Dr. Seuss' the Lorax, which had been the top flick the previous two weekends. Studio estimates Sunday put Universal's The Lorax in second-place with $22.8 million, raising its domestic total to $158.4 million. At No. 3, Disney's costly sci-fi dud John Carter dropped sharply in its second weekend. The Edgar Rice Burroughs adaptation took in $13.5 million, down 55 per cent from its anemic opening weekend and lifting its domestic total to a measly $53.2 million. John Carter reportedly cost $250 million to make.

THE ASSOCIATED PRESS

On the Web

In da club: Eminem drops in on 50 Cent's Get Rich or Die Tryin South By Southwest show

WE SPOKE TO CANADIAN CONSUME

Canadian Living
2012
BEST NEW PRODUCT
Voted by Consumers
~ Research by BrandSpark ~

9TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

The 9th annual Best New Product Awards program focuses on everyday food, beverage, health, beauty and household products. More than 53,000 Canadian consumers from coast to coast participated in this year's study to pick the 2012 Best New Product Awards winners. Developed and backed by leading independent market research firm BrandSpark International, the Best New Product Awards has become the Canadian shoppers' seal of approval.

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"Has a lovely taste, thick and creamy and goes well with my fruit and cereal at breakfast." **– Adele P.**

PANEBELLO BAKERY CRUST PIZZA | OETKERMOMENTS.CA

Panebello from Dr. Oetker is a **bakery crust pizza** that is crispy on the outside and soft on the inside. Available in 4 varieties including: Bruschetta, Vegetables and Goat Cheese, Classic Canadian and Country Pepperoni.

"It is absolutely delicious. The crust is wonderful and crisp and the toppings are delicious." **– Cathy K.**

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"It is non-drowsy. That is why it is constantly used in my household." **– Karen L.**

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– Micheal W.

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"It does the job – and is long lasting. Plus, love the roll on!" **– Elizabeth H.**

Visit us at metronews.ca/bestnewproducts

HAVE YOU TRIED THE BEST?

Actor Joseph Gordon-Levitt learns about what it takes to be Bruce Willis

Looper. Gordon-Levitt plays a young Willis in sci-fi film with a time travel twist. How he channelled the iconic actor.

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt says he had a lot of fun studying the mannerisms of Bruce Willis for Looper. HANDOUT

More online

Go online to metronews.ca/scene to watch Rian and Joe take Metro's Time Travel Pop Quiz

After first teaming up on the high school noir Brick, actor Joseph Gordon-Levitt and writer-director Rian Johnson are back together for the mind-bending science-fiction flick Looper. Gordon-Levitt stars as a man who works as a time travel-assisted hit man for the mob who one day is confronted with a challenging target: his older self, played by Bruce Willis. While the film doesn't reach theatres until September, the pair hit WonderCon, in Anaheim, Calif., to begin the careful campaign of building interest in their new film.

You're bringing a movie like this to WonderCon, but obviously you don't want to give away too much about it. What's the fine line you walk to generate interest without giving too much away?

Rian Johnson: We were just having this conversation on the elevator, so we'll test it out on you. I don't know, it's weird because when you first start talking about a movie you have to figure out what to say and what to not say — especially with something like this. We're showing the first teaser trailer here and releasing a photo, and one of the big elements of the movie is how we made Joe into a younger version of Bruce Willis. I feel like that's kind of the first big thing we're showing people, how we attempted that. The two big elements of that were makeup and Joe's performance.

How much of a challenge was that for you, Joe, being turned into a young Bruce Willis?

Joseph Gordon-Levitt: It's kind of a dream. One of the things — if not the thing — I love about acting is becoming somebody else, and when you literally change your face that's a transition that's different from any other performance that I've ever done in my life. So there was the makeup, and then also just hanging around with Bruce, getting to know him, watching his movies and studying them, listening to his voice on my iPod all the time, developing that character. It was really fun.

Was the plan always to have two actors for the older and younger versions of the character?

RJ: Initially when I cast Joe, before we had cast Bruce, we were talking about the option of just either doing makeup or doing something...

JGL: And I, the egotistical actor, was going, "Let me do both! Let me do both!" (laughs) I'm so glad that's not what we did.

RJ: The reason I actually came down against it was twofold. First, aging makeup on younger actors — I don't feel like I've ever seen it completely work. There's been some tremendous work that's been done, but I feel like if you know what an actor looks like who's young, at least I as a moviegoer can usually see right through it. The bigger thing, though, a big part of the hook of the movie for me, was the idea of a young man sitting across from an older man who's himself. You can make someone up, Joe is a fantastic actor, but there is something about a span of 25 years between two people that you can't fake, that just buys you something that's intangible and very essential to what this movie is basically about.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

They kiss, we tell.

Hollywood's new, secret romance

THE WORD
Dorothy Robinson
scene@metronews.ca

Who's been in Hollywood, K-I-S-S-I-N-G? Well, if you look towards the Chateau Marmont, you'll find a new, smooching couple.

Sources say Jason Segel has been quietly dating My Week with Marilyn star Michelle Williams for about a month, according to Us Weekly. The pair reportedly first got acquainted during a four-hour date at the Chateau Marmont late last month.

"They were super giggly," a source says of Segel and Williams, who were briefly joined by her pal Busy Phillips that evening. Segel is keeping mum on the news, saying only, "I don't comment on my personal life these days."

Michelle Williams

Jason Segel ALL PHOTOS GETTY IMAGES

Did Biebs over-imbibe with Selena and his grandparents?

Justin Bieber and girlfriend Selena Gomez reportedly had a bit of a rough night out in Florida after drinking too much at a sports bar before getting into an argument, according to the Tampa Bay Times.

"Justin stormed out of the bar and Selena chased him to the car," a source says.

"His security team drove them down the street to an alley where they had a private conversation. They then returned to the restaurant and upon leaving they all seemed like they had a little too much to drink even though they aren't old enough to drink."

But the bar's owner, Mark Ferguson, insists that while Bieber's grandparents were drinking, the young stars were not.

Justin Bieber and Selena Gomez

Twitter

@HowardStern
New Macy Gray Cd really good. But why does music depress me so much? Bianca at my feet snoring and I get sad that she's so old.

@CarrieFFisher
"If I felt half as good as you looked, I'd go out and kill myself while it lasted." ---from some old movie

George Clooney

Post-arrest: Clooney embraces his activist street cred

George Clooney is taking his recent arrest in stride.

"It's on my permanent record. And you know that picture's going to be all over everything," the actor and activist said during a press conference after his release.

Clooney was arrested for assembling outside the Sudanese embassy in Washington, D.C.

"Listen, what we've been trying to achieve today is we're trying to bring attention to an ongoing emergency," he said.

"You never know if you're going to accomplish anything, all we're trying to do is bring attention to a moment. We hope this brings attention to it."

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She flirts, He flirts back
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Available in Android Market
Available on the App Store

3 LIFE

Pregnancy & Chickenpox

New guidelines

New guidelines suggest women who are thinking about getting pregnant or who become pregnant should know whether they are immune to chickenpox.

The Society of Obstetricians and Gynaecologists of Canada says pregnant women or women planning to conceive need to know their immunity status because of the risk the chickenpox virus poses both to them and their fetus during pregnancy.

The guidelines say pregnant women who have an hour or more of exposure to someone with chickenpox should inform their health-care provider.

THE CANADIAN PRESS

On the Web

Look who's talking about Sasha, Malia. It's Dad, keeping them in the conversation.

The majority of Canadian Internet users look up medical info. ISTOCK

Internet advice is not meant to replace your doc

Medicine. Think twice before diagnosing yourself or your children with a Google search

When Melodie Moore was recovering from a broken heart and wondering why her relationship had soured, Dr. Google had the answer: borderline personality disorder.

"I wanted to know what was wrong with me, that this boy didn't want to be with me," said the 22-year-old from Markham, Ont. Soon she had diagnosed herself with several ailments, including BPD and narcissistic personality disorder.

Moore was reading about personality disorders in preparation for her psychology studies. She hopes to begin an undergraduate degree at Trent University this fall.

"We live in the information age, but information can be a catch-22," said Moore. "It can be helpful, but the analytical side of us can also over-think things."

Moore is experiencing what Oakville psychiatrist Dr. Kenny Handelman calls "medical school syndrome." It's what happens to first-year med students when they start studying various diseases. Suddenly a simple headache becomes a brain tumour, a rash morphs into flesh-eating disease.

But with the wealth of medical information now available to all of us at the click of a mouse, it's not just medical students and hypochondriacs who are likely to panic. More and more Canadians are going online to play doctor — and some are even replacing visits to the clinic with Google searches.

At sites like webmd.com, users can enter their symptoms and have the site generate a diagnosis for them.

Having access to all this information is, generally speaking, a positive thing. It certainly can help us detect problems sooner. It can also be helpful coming in to the doctor's office well-informed to improve the quality of care that patients receive, said Handelman. "They can be active participants in their health care."

Guy-Justin Lowe, a 25-year-old customer service representative in Toronto, started using Google and webmd.com to take control of his health care when he felt like the answers he was getting from his doctor were too vague.

"I wouldn't say that I'm a hypochondriac, but I have used the Internet before seeing him sometimes just so that I get a general idea of what might be wrong with me," said Lowe.

But the Internet has also been known to incite panic, especially in people who are anxious about their health. This phenomenon has become so widespread that the term "cyberchondria" has been coined to describe it.

According to Statistics Canada, about 70 per cent of Canadian Internet users looked up medical information in 2009. That's up from 59 per cent in 2007.

Judy Thompson, a family practitioner at St. Joseph's Health Centre in Toronto, says it isn't just the young, tech-savvy generation of Canadians who are going online to diagnose their problems.

"Believe it or not, the Internet is very much as big an issue for some of my 60- to 70-year-olds as it is for the younger generation," said Thompson.

The trouble, she adds, is that patients can be led astray by incorrect information.

"We're not discouraging people from reading the Internet, but one of the things I try to do in my practice is try to point them towards helpful sites like fpnotebook.com or familydoctor.org," said Thompson. "The Internet is meant to supplement your health care. It's not meant to replace your health-care provider."

THE CANADIAN PRESS

Online diagnosis

"People may find reports online that lead them to believe they have more significant medical issues than they actually do."

Kenny Handelman, author of Attention Difference Disorder

Is the title 'nanny' insulting? Some think so

When I first heard that fashion designer Stella McCartney refuses to use the word "nanny" to describe her, well, nanny, I thought, "Get over yourself, lady." Truth is, this is a woman who cares for her four young children day in and day out. She may be like family but, at the end of the day, she is paid to look after the kids.

McCartney prefers the word "friend" — she finds it less jarring — but her employee is not being paid to be her friend. She's being paid to ensure that little Miller, Beckett, Bailey and Riley are happy and safe.

But the more I thought about it, and the more I chatted with friends and colleagues, I came to realize that McCartney has a point.

I myself have a nanny who looks after my boys while I'm at work and, in the two-plus years since she's been with us, she has become so much more than a nanny.

She is someone I can rely on as much as family (sometimes even more), and I most certainly trust her in the same way I trust even my closest friends.

When I introduce her to someone new, I simply say, "This is Lyn" — which is the same thing I would say if I were introducing anyone, really (barring family members).

Am I opposed to the title "nanny?" Of course not. Lyn may be like family, but she is still my children's nanny. It's her job title, and I see nothing wrong with it.

Interestingly, I know a lot of women who shy away from the title not because they find it demeaning but because they think that the word "babysitter" has less of a stigma.

But I don't think that McCartney was really worried about stigmas, when she chose "friend" over "nanny." I think she was simply making the point that her children's caregiver is so much more than an easy-to-replace employee. Which, if you ask me, is all healthy and good.

SHAWNA COHEN (MOMMYISH.COM)

Fashion designer Stella McCartney refuses to call her nanny a nanny. Instead, she refers to her as her "friend." GETTY

Get a bite of the healthy goodness packed into this legume

This recipe makes 32 Lentil Balls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Turkish Red Lentil Balls. The slight crunch of bulgur wheat compliments the smooth texture of the lentils in this dish

1 In a saucepan, bring 625 ml (2 1/2 cups) of water to boil. Add lentils and simmer over low heat, stirring occasionally, 15 minutes or until soft. Mix in bulgur, cover pot and remove from heat. Let mixture rest for 15 minutes or until residual liquid is absorbed by bulgur.

2 Meanwhile, in a skillet heat oil over medium heat. Add onion and sauté 8 mins. or until soft and translucent. Stir in harissa and cumin; cook, stirring constantly, 2 mins. Transfer to a mixing bowl; set aside.

3 Once lentils and bulgur are cooked, add to onion mix along with most of the green onions and parsley. Season with salt and pepper and mix well to form a thick dough.

4 Keeping hands wet, mould about 15 ml (1 heaping tbsp) of the lentil mix into football-shaped balls. Place each ball in one of the lettuce pieces and arrange on a serving platter. Garnish with remaining green onions and parsley and drizzle with additional olive oil. Serve with lemon wedges to squeeze over before eating. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 250 ml (1 cup) uncooked red lentils, rinsed and drained
- 125 ml (1/2 cup) fine bulgur, uncooked
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 15 ml (1 tbsp) harissa (red chili) paste
- 15 ml (1 tbsp) ground cumin
- 3 green onions, finely sliced
- 45 ml (3 tbsp) finely chopped flat-leaf parsley
- 3 ml (3/4 tsp) salt
- Black pepper
- Boston lettuce, torn into 30 pieces
- Lemon wedges

Healthy eating

Choose it and lose it

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It's a bad idea to drink your calories but that's the risk you take when you reach for a glass of some of the most popular brand name juices.

Welch's Grape Juice (1 cup)

170 calories, 41 g sugar, 42 g carbs
Even though this is pure juice with no sugar added, you're still getting excess natural sugar from the grapes.

Equivalent

452 calories/ 17 g fat
Instead of drinking the juice, you could eat one pound of grapes and feel fuller.
Besides, one cup of the grape juice is equal to eight French crullers from Country Style in sugar.

Rougemount Apple Juice (1 cup)

110 calories, 26 g sugar, 27 g carbs
This brand has less calories, sugar and carbs. It makes for a better choice, but keep liquid calories to a minimum.

Homegrown Canadian lentils & rice in three simple steps

Lentils are not only good for you, but they're homegrown, with much of the world's supply produced in Canada.

For those who are mystified about how to prepare these dried legumes, there is now a series of 12 how-to videos hosted by Canadian chef Michael Smith, who provides tips on their health benefits, how to buy, store and cook them.

In the webisode Lentils 101, Smith explains that there are four basic types of lentils grown in Canada — green, red, black beluga and French green, or du Puy — that are packed with such nutrients as zinc, beta carotene, selenium and folate.

The legumes can be served on their own — easily cooked in a saucepan on the stovetop using a simple recipe of one part lentils and three parts water. They can also be pureed and added to such recipes as Vegan Lentil Burgers, Sweet Potato Lentil Chili, and Green Lentils with Bacon and Tarragon — among those created by Smith for Canadian Lentils.

In Canada's Food Guide, lentils fall under the meat and alternatives category. It is recommended that people eat meat and alternatives such as beans, lentils and tofu often.

The Canadian Lentils' website states that regularly consuming lentils can contribute to reduced cholesterol and triglycerides — two major factors in heart health.

Because lentils are loaded with fibre and protein (which helps us feel full longer), are low in fat (zero saturated) and contain no cholesterol, they can help those trying to maintain a healthy body and lifestyle.

Here is a recipe using lentils created by chef Michael Smith.

He says: "This is perhaps my single most popular lentil recipe. It is certainly the one I turn to most often. This is a quick and easy side dish that is not only tasty and healthy, but complements any meat or fish dish."

Ingredients

- 250 ml (1 cup) brown rice
- 250 ml (1 cup) dried lentils
- 1 l (4 cups) water or chicken broth
- 2 ml (1/2 tsp) salt

1 In a medium saucepan with a tight-fitting lid, combine rice, lentils, water and salt. Bring everything to a full boil then adjust the heat lower, just enough to maintain a slow, steady simmer. Continue cooking until rice and lentils are tender and liquid is absorbed, about 45 minutes.

2 Turn off the heat, let stand for a few minutes, and you are ready to serve and share.

3 You can add any fresh or dried herbs you like to this dish. Rosemary, thyme and tarragon all work well. THE CANADIAN PRESS/ CHEF MICHAEL SMITH FOR CANADIAN LENTILS (LENTILS.CA)

Brown Rice and Lentils

This recipe makes four to six servings. THE CANADIAN PRESS H/O

Putting eco-solutions on the road by making tires from orange peels

Orange oil now being used to create green tires. Without a drop in safety, these tires are the new solution for the eco-conscious

BEN KNIGHT
life@metronews.ca

Orange peel: a zesty addition to baking, and something that ends up in your green box.

And also the key ingredient in cleaner, greener tires for your car?

Absolutely. And the potential going forward — in terms of performance, safety and eco-friendliness — is impressive.

"The AVID Ascend is essentially the world's first mass-produced tire to feature orange oil," says James de Chavez, marketing manager for Yokohama Tire (Canada) Inc.

"Orange oil is essentially the oil extracted from orange peels, and is combined with the natural and synthetic rubber found in the rubber compound."

The Rubber Manufacturers Association says it takes seven gallons of oil to produce one conventional tire. Five are processed to provide raw materials, while two get burned for energy. Orange oil can do the same job — and even do it better.

"When orange oil combines with those natural and synthetic rubbers, the tire is much more responsive, and adheres to the road surface more efficiently," de Chavez explains.

"That's how we're able to provide the mileage and tread-wear benefits of the product, in addition to the improved grip levels."

There's no drop in safety, either — and the tires are competitively priced.

By the numbers

7

According to the Rubber Manufacturers Association, it takes seven gallons of oil to produce one conventional tire – five for raw materials, and two to provide the energy needed to power the process.

"We first introduced the technology in a few limited sizes as an eco-friendly tire for hybrid cars. And we've now taken that idea to a mass-market scale in 45 different sizes."

De Chavez says consumer interest has been encouraging.

"For most consumers, tires are just black and round and made of rubber. The fact that there is orange in this tire seems to really peak their interest. People are definitely gearing more toward environmentally friendly products for all consumer goods, across the board — tires included."

Throw in an unlimited-kilometre warranty and you've got a solid alternative product. But does this mean petroleum is on the way out in the tire business?

"It's step-by-step in this industry. By doing this now, Yokohama is setting up for tomorrow," he says. "We're confident that we'll see increased improvements in our technology to take this orange oil and reduction of petroleum to the next level."

The tires were rolled out March 1, and are available throughout North America.

It's possible take orange peels and transform them into tires without harming any harm to the environment. ISTOCK PHOTOS

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Lindsay Coulter
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I work in a nursing home and the chemicals we use to clean and disinfect make some staff sick. Are there cleaners that a health-care facility can use safely?
Donna of Vancouver

Yes!

Health-care facilities must meet cleanliness standards that are often higher than those we follow at home.

For example, most doctors will tell you to wash with soap and water only — avoid antibacterial products like those with triclosan.

In fact, the Canadian Medical Association is calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance.

I recommend you contact the Canadian Coalition for Green Health Care and search their green products and services directory at greenhealthcare.ca.

They have reviewed cleaning products used in places like hospitals and offer recommendations for greener choices. Each organization, product and service listed in the directory has in some way distinguished itself as "green."

Note: The Canadian Coalition for Green Health Care cannot independently verify the environmental qualities of each product and service. However, they offer a We Support Green Health Care logo, which signifies that the provider is a founding partner of the Canadian Coalition for Green Health Care. Also, a Third Party Certification logo indicates that the product/service has achieved a third-party environmental certification. Finally, the ChemTRAC logo indicates that the product uses safer chemicals and does not contain or release any of the 25 chemicals tracked by the City of Toronto's ChemTRAC program.

Corporate vs. corking? Invest in your happiness

Cynthia and David Enns chose wine country over the Wall Street hustle. PROVIDED

TURNING POINT
Teresa Kruze
life@metronews.ca

Labour of love. Meet a couple who left their power suits behind in pursuit of a better quality of life

Cynthia and David Enns gave up their lucrative investment careers to follow a passion for making wine. They got their humble start in a friend's Vancouver garage.

"I thought I would be the laughing stock of the neighbourhood if I spent $25,000 on equipment and didn't come up with a good wine," says David.

The Enns didn't disappoint and after a stint in wine making school and a world wide search for the perfect place to start their winery, they settled in B.C.'s Okanagan Valley.

Nine years later they are turning a profit and their Laughing Stock wines are winning numerous awards.

Their humour and love of life are obvious when you talk to the couple. They are also a good team, with David making the wine and Cynthia watching the bottom line.

"I'm good with a spreadsheet but I'm also not afraid to get my hands dirty in the vineyard," says Cynthia.

Although they call the winery their "vow of poverty" they would never go back to the corporate world.

"I'm never putting on a suit again," David says with a laugh. "Besides, I've burnt all my ties."

Grape advice

"If life was all about being sensible, then great things in this world such as fabulous wine just wouldn't come to be."
Cynthia and David Enns, owners of Laughing Stock Vineyards

Drink in the day

Two entrepreneurs share their best business secrets:

- Have a business plan and learn how to sell.
- Do what you do best and be passionate about what you're doing.
- Don't be afraid to ask for help. We hired consultants because we're not going to pretend that we know it all.
- Be well capitalized. The power of leverage is amazing if you can match your borrowing with the outcome of your business.
- If life was all about being sensible, then great things in this world, such as fabulous wine, just wouldn't come to be.

Breaking boundaries

A moving story. Luca Patuelli's dynamic breakdancing program is teaching youth to live without limitations

"What we try to do through our resources is to help them feel empowered, to see themselves as a whole," says Luca Patuelli, seen here on the right.
RYAN REMIORZ/THE CANADIAN PRESS

Luca Patuelli's students form a semi-circle in the classroom at Joseph-Charbonneau Secondary School, most of them leaning on crutches or sitting in wheelchairs. Patuelli pulls himself into the group supported by a pair of crutches. Then the music starts and the room is an explosion of movement.

Patuelli, known worldwide as Bboy Lazylegz, launches into a series of dynamic breakdance steps, at one point flinging his crutches aside. His charges rock along on the sidelines until one by one he turns the floor over to them and they step up to execute their own intricate moves.

Their heads rock with streetwise hip-hop breakdancer attitude. One spins and does a move where he lifts himself up on his hands and supports himself in the air, looking like Superman in flight.

The lunch hour activity at the school and readaptation centre puts a whole new slant on independent living for the disabled, an issue growing in Canada for the last quarter-century.

"What's been amazing about this program is it started off as a breakdancing class and now we've realized it's more like a life confidence-building class," Patuelli said in an interview before getting things underway, marvelling at the improvement he's seen since he started the class in November 2008.

"I have stories about some students who are literally getting out of their wheelchairs to dance and they're learning to walk. Other dancers are becoming a lot more independent."

Patuelli, who suffers from a rare bone and joint disorder known as arthrogryposis, has been a dancer for about 10 years now, since he was 15. He's been a professional breakdancer for about seven years.

He's been on crutches since he was three, was diagnosed with severe scoliosis when he was eight and has had 16 surgeries, including one where eight of his vertebrae were fused and titanium rods were inserted.

"The idea is to really help these students be able to become more independent and not to rely on other people to help them," Patuelli said of the class. "If they want to do something, they can do it themselves. Yes, assistance is there to help you, but you have to go out and get it."

THE CANADIAN PRESS

4
SPORTS

In brief

Keselowski wins big in Bristol

Brad Keselowski used Bristol Motor Speedway last fall to cement his spot in NASCAR's championship race. Back at the track Sunday in Tennessee, Keselowski again made his way to Victory Lane. And he again began to think about a Sprint Cup title. Keselowski led a career-best and race-high 232 laps, then held off Daytona 500 winner Matt Kenseth on a late restart to cruise to his first victory of the season. "What can I say? I love Bristol and Bristol loves me," said Keselowski.
THE ASSOCIATED PRESS

Tennis

Federer tops Isner in California

Roger Federer defeated John Isner 7-6 (7), 6-3 to win his record fourth BNP Paribas Open title on Sunday in Indian Wells, Calif.

Victoria Azarenka routed Maria Sharapova 6-2, 6-3 for the women's title. THE ASSOCIATED PRESS

MLB

Bautista powers Jays to victory

Jose Bautista hit his third home run of spring training and Philadelphia's Cole Hamels gave up five runs and eight hits in 3 1/3 innings as the Toronto Blue Jays defeated the Phillies 10-2 on Sunday.
THE ASSOCIATED PRESS

Jose Bautista
RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

NBA

Grizzlies to have look at Arenas as possible backup

Gilbert Arenas will work out Monday for the Memphis Grizzlies, who are looking to bolster their backup point-guard position.
THE ASSOCIATED PRESS

Curling

"All we look at is how we're playing as a whole and I like what I see."

Canadian skip Heather Nedohin after winning her second in a row to open the women's curling world championships with a 7-5 victory over Bingyu Wang of China on Sunday in Lethbridge, Alta.

Crosby silenced as Flyers put end to Penguins' streak

NHL. Pittsburgh captain held pointless as Philadelphia rallies for overtime victory

Philadelphia's Scott Hartnell scores an overtime goal on Pittsburgh's Marc-Andre Fleury and a sliding Sidney Crosby on Sunday. MATT SLOCUM/THE ASSOCIATED PRESS

Scott Hartnell needed every last tick of the clock to score the timeliest of goals for the Flyers.

Hartnell scored his second goal of the game with less than one second left in overtime to lift the Flyers to a 3-2 victory over the Penguins in Philadelphia on Sunday, snapping Pittsburgh's 11-game winning streak.

Hartnell took a nice crossice feed from Danny Briere to beat Marc-Andre Fleury with 0.9 seconds left on the clock.

Kimmo Timonen also scored to help the Flyers rally from a 2-0 hole against the NHL's hottest team. Hartnell and Timonen scored in the third period against a weary Pittsburgh team playing their third road game in four days.

"I don't know if we were trying to be too fancy, but we wore them down at the end," Hartnell said. "Good things happen when you put the puck to the net and that happened tonight."

Evgeni Malkin and Craig Adams each scored for the Penguins. Sidney Crosby played in the third game of his comeback following a three-month absence caused by recurring concussion symptoms. It was Pittsburgh's first loss since Feb. 19.

The Penguins also blew their chance to move into a tie with the slumping New York Rangers for first place in the Eastern Conference. One day after losing a shootout in Boston, the Flyers moved two points behind Pittsburgh and three behind the Rangers.

Because of penalties, the overtime featured 3-on-3 hockey. Hartnell ended it with his 35th goal.

There was a playoff atmosphere from the start of the game — the first of three between the rivals at the tail end of the regular season.

Crosby, who had five assists in his first two games back, failed to earn a point and didn't make an impact against the Flyers.

"I just want to make sure that I am getting better and feeling better each game," Crosby said. "I think as a group we played really well here in the last few. Most of the time we've done some really good things. We just want to keep building off that." THE ASSOCIATED PRESS

Miami meets with Smith after Manning snub

Alex Smith with the 49ers last season.
JAMIE SQUIRE/GETTY IMAGES FILE

Even in the off-season, the Miami Dolphins' quarterback carousel keeps spinning.

After being spurned by Peyton Manning, the Dolphins had a brief, unproductive courtship with Matt Flynn, then turned their attention Sunday to Alex Smith, the San Francisco 49ers free agent.

Smith left the Miami complex after a 5 1/2-hour meeting. Dolphins officials declined to comment on any details about this visit.

The 49ers had been working to re-sign Smith but also went to North Carolina last Tuesday to watch Manning work out at Duke. Smith, the No. 1 overall 2005 draft pick, enjoyed his best season in 2011 under first-year 49ers coach Jim Harbaugh.

Smith and Manning have the same agent, Tom Condon.

Winless in the post-season since 2000, Miami made signing Manning their top priority, but he told them Thursday he would sign elsewhere.

They then courted Flynn, the former Green Bay Packers backup who had ties to new Dolphins coach Joe Philbin.

Miami planned another QB interview Monday, when they were to host veteran David Garrard, a person familiar with the negotiations said. The person confirmed the visit to The Associated Press on condition of anonymity because the team had not publicly discussed its plans.

Garrard, a starter for Jacksonville from 2005 to 2010, didn't play last season. He was released five days before the opener by the Jaguars, then underwent back surgery in October. THE ASSOCIATED PRESS

Pivots aplenty

17th

A new starting quarterback would be the Dolphins' 17th since Dan Marino retired after the 1999 season.

Flynn off the market

Matt Flynn visited Miami on Saturday, then agreed to terms Sunday on a three-year deal with the Seattle Seahawks.

- The move gives Seattle one of the most wanted — yet unproven — free agents. Flynn has been stuck behind All-Pro Aaron Rodgers in Green Bay.
- The terms of the deal were not released by the team, but ESPN.com reported that Flynn's deal is worth up to $24 million US.

Bolton player Muamba remains in critical condition, team says

Soccer. Midfielder suffered cardiac arrest during FA Cup match with Tottenham

Fabrice Muamba STU FORSTER/GETTY IMAGES

Bolton player Fabrice Muamba was still fighting for his life in intensive care on Sunday night, remaining in critical condition a day after collapsing during a match because of a cardiac arrest.

The 23-year-old midfielder's heart only started beating on its own when he arrived at a London hospital on Saturday night from Tottenham's ground, medics said, after having fallen face down on the turf just before halftime.

"God is in control," the soccer player's fiancée Shauna Magunda wrote on her Twitter account. "Please keep praying for fmuamba its really helping I can feel it."

Amid an outpouring of global concern for Muamba's health — from FIFA executives to players at rival clubs — members of the Bolton management team, relatives and friends visited him at London Chest Hospital.

About 24 hours after Muamba's collapse was screened live to a worldwide television audience, Bolton said he remained anesthetized, adding that no further statements would be provided until Monday.

"Everybody is praying for Fabrice, which is very important, and that has been a real source of strength to the family," Bolton manager Owen Coyle said outside the hospital. "It's great to be talented at football but it is more important to be a genuinely nice man, and Fabrice is that. We certainly hope he comes through this.

"Our concern is Fabrice and Fabrice only, and that's what all our energy is going into — hopefully a happy outcome."

Muamba collapsed in the 41st minute of the FA Cup match at White Hart Lane, and paramedics immediately began trying to revive him near the halfway line.

"Fabrice received prolonged resuscitation at the ground and en route to the London Chest Hospital, where his heart eventually started working," Bolton said in a joint statement with the hospital on Sunday morning. "As is normal medical practice, Fabrice remains anesthetized in intensive care and will be for at least 24 hours."

That rapid treatment was available for Muamba at White Hart Lane was the result of changes brought in following a serious head injury to Chelsea goalkeeper Petr Cech in 2006, with paramedics and an ambulance now on hand at matches.

But uncertainty lingered on Sunday about the causes of the cardiac arrest for Muamba, who was described by former Birmingham manager Steve Bruce as "one of the fittest players I have managed."

The Professional Footballers' Association said there are annual heart screenings for players.

"While we have been able to pick up quite a number (of heart defects) and then been able to put them right, it is not always possible," PFA chief executive Gordon Taylor told The Associated Press. "This sometimes happens to young men and women who would be the last people you would think about having such a defect, and then suddenly it is found out."

Dr. Graham Stuart, a Football Association-accredited cardiologist, said detecting heart defects can be problematic.

"Usually in these cases the reason for this happening is something to do with a heart-muscle problem or there is a weakness in the heart muscle," he said. "It could also be a primary arrhythmia disorder — that is where there is an irregularity in the heart of the ionic channels."

THE ASSOCIATED PRESS

Wolfpack upsets Hoyas

Lorenzo Brown of the North Carolina State Wolfpack goes for a loose ball against the Georgetown Hoyas in a Midwest Regional on Sunday. Brown hit three free throws in the final 10.6 seconds as North Carolina State conjured up its glorious tradition with a 66-63 upset of third-seeded Georgetown. The Wolfpack (24-12) advances to play the Purdue-Kansas winner on Friday in St. Louis. JAMIE SABAU/GETTY IMAGES

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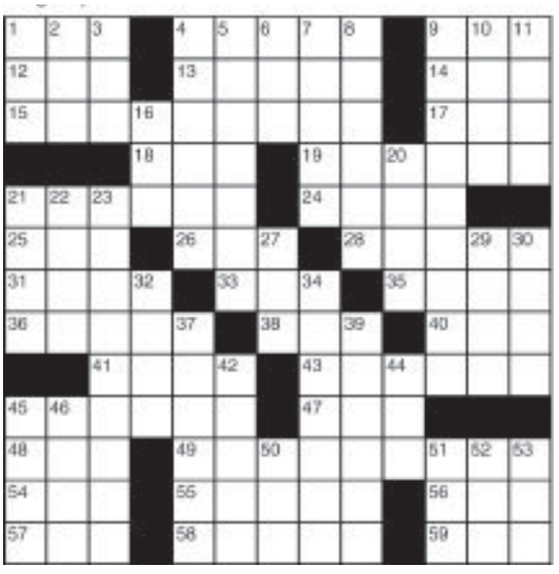
Crossword



Across

1 Smartphone download
4 Studies hard
9 Golf standard
12 Witness
13 Serf
14 Exist
15 It goes without saying
17 Zero
18 Acapulco gold
19 "Help!"
21 Kermit or Fozzie
24 Lotion additive
25 401(k) alternative
26 Red or Black
28 Power glitch
31 Supermarket stack
33 Knight's address
35 Streamlet
36 Island greeting
38 Unruly group
40 Greek consonants
41 Start from scratch
43 Daredevil's cord
45 Zigzag on the slopes
47 Lingerie item
48 Overactor
49 Praiseful speech
54 Eggs
55 Yonder
56 A Gabor sister
57 — de deux
58 Nymph pursuer
59 Society newcomer

Down

1 Cleopatra's slayer
2 Pod dweller
3 Corral
4 Household tasks
5 TV controls
6 "The Greatest" 7 Mell Lazarus comic strip
8 Filches
9 Catering (to)
10 Operatic solo
11 Depend (on)
16 Upper surface
20 Thy
21 Isinglass
22 Caspian feeder
23 Landscapes
27 Intent
29 Adhesive
30 Otherwise
32 Writer Silverstein
34 Theft
37 Takes as one's own
39 McDonald's offering
42 Nebraska city
44 Aye's opposite
45 Buy stuff
46 Volcanic outflow
50 Trawler need
51 Crimson
52 "— Got a Secret"
53 Taxi

For today's crossword answers and for expanded horoscopes, go to metronews.ca

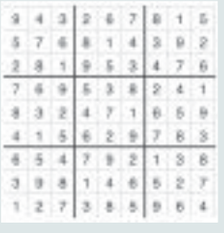
Friday's answer

Sudoku

	7		4					5
			9				4	8
9	5		6					
	6		3	5		7		9
1		5		6	4		3	
					7		8	6
2	8				6			
6					2		7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a kiss

- **I know what** If it is you, I, don't you wanna look back on this, this and before, and laugh, wondering why? Wtf was wrong with us? Why were we so shy and afraid? and thanking god we got past that in the end..hope that happens, rather sooner than later. From you really wish for
- **Pascalli.** The last time I saw you was at the library and the time before that I saw you in the internet caffe. I would like to see you again, can you come to me and we can kiss all day. Pascalli where are u, are u in toronto, or elsewhere, until we meet again. Kiss Kiss for u. From Jenn
- **Don't.** Yes I want you in my lif, especially outside of this! I wouldn't still be here if I didn't, and want you say something first, you can't say I haven't before, know your sorry, and swallowed my pride a long time ago, I'm completely shameless now, my feelings for you can't you tell?I swear you won't regret it! I want what I had before again and more! Oh, and you can see me now, you can forever, if you want to. From Second guess

Horoscope

Aries | March 21 - April 20. What other people think about you is of no importance – the only thing that matters is that you have total self-belief.

Taurus | April 21 - May 21. You may be robust but you have limits like everyone else – not just physical but mental and emotional too.

Gemini | May 22 - June 20. Get other people interested in what you are doing.

Cancer | June 21 - July 22. Don't worry about what your colleagues may be doing, just do what is best for you.

Leo | July 23 - Aug. 22. What are the big questions of your existence? Strive to answer them.

Virgo | Aug. 23 - Sept. 22. Over the next few days you will meet a number of important people, the kind of people who can help you make your dream come true.

Libra | Sept. 23 - Oct. 22. Cosmic activity in your opposite sign of Aries this coming week will have a huge effect on your relationships, so put partners and loved ones first.

Scorpio | Oct. 23 - Nov. 21. No one, but no one can ever be allowed to deny you freedom of speech.

Sagittarius | Nov. 22 - Dec. 21. Life will get rather hectic over the next few days, but in a good way. Cosmic activity in the most creative area of your chart will inspire you to produce some of your finest artistic work.

Capricorn | Dec. 22 - Jan 20. Family and other disputes can and must be resolved today.

Aquarius | Jan. 21 - Feb 18. A couple of friends will take opposing positions today and the potential for conflict is high.

Pisces | Feb. 19 - March 20. The planets indicate quite clearly that over the next few days you are going to have to deal with some kind of financial upheaval. It may be difficult but it certainly isn't a crisis.

SALLY BROMPTON

Caption Contest

"Wow, this hot air balloon sure takes the cake."
Christine

MARK BAKER/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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2.4L DOHC 16V MIVEC I4-168HP • Electronically controlled 4WD • 140-watt AM/FM/CD/MP3 stereo with 4 speakers • Power windows with driver's auto down/up Keyless entry • Bluetooth® 2.0 hands-free cellular phone interface with streaming audio and USB input with voice control • Active Stability Control • Traction control

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Outlander XLS model shown‡

2012 OUTLANDER ES | $26,488 Δ ALL-IN PRICE

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0% PURCHASE FINANCING | **48** MONTHS ON ALL 2012 OUTLANDERS | **$309** BI-WEEKLY PAYMENT ◊

S-AWC Super All Wheel Control — **World's most advanced all-wheel control system§** Standard on Outlander XLS §

RVR GT model shown‡

2012 RVR ES | $20,888 Δ ALL-IN PRICE

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0% PURCHASE FINANCING | **48** MONTHS ON ALL 2012 RVRs | **$244** BI-WEEKLY PAYMENT ◊

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